



CASE STUDY

COMMISSIONING BODY: Liverpool First for Health and Wellbeing Partnership

TITLE: Nursery Nutrition and Food Provision in Liverpool

VALUE: £55,840

LENGTH OF CONTRACT: 12 Months

DESCRIPTION: Research into the health and wellbeing of children shows that their daily diet raises major concerns about their current and future health. From an early age children develop patterns of healthy eating and therefore schools and nurseries offer a place where we can support children in the consumption of a healthy diet. Unlike schools however, there are no current minimum standards for food provision in nurseries.

Liverpool First for Health and Wellbeing Partnership believed that there was some considerable scope to examine current nursery and pre-school nutrition across Liverpool and to support the early years setting in the provision of healthy food. HM Partnerships conducted a review to assess and evaluate current pre-school nutrition across the public and private early years settings via a self reporting questionnaire and full nutritional menu analysis.

OUTCOMES: There was a 38% response rate to the questionnaire and a 26% response rate to menu analysis in settings across the region. Some of the general findings demonstrated whilst most nurseries understood the importance of good nutrition within their settings, many did not have adequate food policies, relevant training or know where to find current or specific guidelines for under 5's.

EVALUATION: The evaluation and final report are being used to inform the development of a pilot programme aimed at improving nutrition in early years and enhancing the training opportunities available in this area.

Funding has been identified for a 'Phase 2' to this work which will identify a suitable training course and engage and encourage nurseries within Liverpool to attend with the general aim of building on the data gathered in Phase 1 and ensuring that gaps in knowledge and skills are addressed.

TESTIMONIAL: *"HM Partnership were commissioned to complete the evaluation of the quality of food within nurseries in Liverpool in 2009. The project team were extremely well*

organised, exceeded the set targets and met each deadline. The final report was well written and was widely disseminated. This project has been presented at local and national forums and may inform future national guidelines.

HM Partnership were successful in a competitive tender for the commission of the second phase of this project to develop an educational curriculum and facilitate training for key members of the nurseries. HM Partnership will also impact assess the effectiveness of this intervention within participating nurseries in Liverpool.

HM Partnership project team have been professional, reliable, responsive, flexible, provided value for money and are very well organised.” Kate McFadden, Liverpool PCT